

SHOPPING LIST MENU 5

PRODUCE

1 Medium Russet Potato

DAIRY

1/4 Cup Butter + 1 Tablespoon

3/4 Cup Buttermilk

Whipped Cream (optional)

CANNED GOODS

10 3/4 Ounce Can Condensed Cream of Tomato or Mushroom Soup

15 Ounce Can Sliced Peaches

MEAT

1/2 Pound Extra Lean Ground Beef

DRY GOODS

2 Cups Flour

4 Teaspoons Baking Powder

1 Tablespoon Sugar

1 Tablespoon Brown Sugar

HERBS & SPICES

1-2 Teaspoons Seasoned Salt

2-4 Teaspoons Salt

1/8 Teaspoon Ground Cinnamon

FREEZER

1 1/2 Cups Frozen Mixed Vegetables

OTHER

1-3 Tablespoons Worcestershire Sauce

1/4 Cup Shortening

1 Tablespoon Corn Syrup